

Business Leadership Network

TACKLING SUBSTANCE USE AND MENTAL HEALTH Issues Impacting Youth and the Workplace

**Community Forum Summary
December 3, 2019**

MUSCATINE



BUSINESS LEADERSHIP NETWORK

The Business Leadership Network comprises lowans who are leaders in business, educators, public health professionals, health care professionals, and community leaders who are interested in improving the health and well-being of their community through a mutually beneficial relationship with the University of Iowa College of Public Health. The Network is guided by a Business Leadership Network Steering Committee which serves in a primary advisory role.

MESSAGE FROM THE UI COLLEGE OF PUBLIC HEALTH

The UI College of Public Health through its Business Leadership Network, continued to reach out to communities regarding local business and community public health issues during spring 2019. The community forum in Muscatine provided opportunities for area business, community, and public health leaders to discuss mental health and substance use issues impacting youth and the workplace, possible solutions, and determine potential areas to collaborate with the UI College of Public Health.

Additionally, the College is collaborating with Iowa communities through the Business Leadership Network Community Grant Program. Grants are awarded on a competitive basis to community nonprofit organizations or local government agencies to foster collaboration to begin or strengthen partnerships among businesses and industry to address an identified public health issue and link with the UI College of Public Health. Seven grants were awarded in 2019 with projects in Davenport, Elgin, Fort Dodge, Fort Madison, Mason City, Muscatine, and Sioux City. The deadline for the next round of funding is due January 15, 2020.

This forum could not have come together without the efforts of Muscatine community members Christy Roby Williams at Trinity Muscatine Public Health, Scott Dahlke at Muscatine Center for Social Action, Charla Schafer at the Community Foundation of Greater Muscatine, and Greg Jenkins at the Greater Muscatine Chamber of Commerce and Industry. The following is a summary of the day's discussions.



Diane Rohlman

Professor, Occupational & Environmental Health
Director, UI Healthier Workforce Center of the Midwest
University of Iowa College of Public Health

PANEL ON SUBSTANCE USE AND MENTAL HEALTH

The purpose of the community forum was to bring together public health, local businesses, and community organizations to discuss how to address substance use and mental health impacting youth and the workplace. The forum was jointly sponsored by the UI College of Public Health’s Business Leadership Network, Trinity Muscatine Public Health, Muscatine Center for Social Action, Community Foundation of Greater Muscatine, Greater Muscatine Chamber of Commerce and Industry, UnityPoint Health – Trinity Muscatine, and the Iowa Farm Bureau Federation.

Paula LeVasseur is Manager at Robert Young Center New Horizons. She described the current substance use situation in Muscatine County. While opioid use is not very prevalent, and meth use is rising, the number one substance bringing people to treatment is alcohol. It’s legal, widely available, and socially acceptable. However, when someone has a problem they frequently do not seek treatment due to stigma. New Horizons offers outpatient treatment for both adolescents and adults, and provides comprehensive prevention programs. They have resources available for employers and can come to the workplace and provide a supervisor training, or a lunch and learn presentation.

www.unitypoint.org/quadcities/robert-young-center-home.aspx

Felicia Toppert is Director for Muscatine County Community Services. They can be an access point for people searching for mental health services such as:

- Mobile crisis – A team will respond to a call and do an assessment on people in crisis. They make a decision on whether the person should go to ER, or go to another treatment service. Muscatine was the first county to implement telehealth which includes psychiatric services so that people can get an immediate response.
- Muscatine County has 4 coordinators:
 - ER Coordinator – helps with mental health assessment on whether the person needs an inpatient or outpatient setting.
 - Community Liaison – knows all of the community resources to help people get where they need to go.
 - Judicial Liaison – works in the jail and does prescreening and civil commitments where the court decides what the person needs.
 - Co-occurring Coordinator – for people with a dual diagnosis of a mental health and substance use issue. They work to find specialized treatment that addresses both issues at once.
- Muscatine Center for Social Action (MCSA) is a peer support center. Anyone can drop in for mental health support.

www.co.muscatine.ia.us/208/Community-Services



Troy Kulland is a School Counselor in the Muscatine Community School District. He said the numbers of kids who qualify for the free and reduced lunch program and come from families near or below poverty levels have increased to over 50%. Previously when a student had a mental health crisis they would ask the parents to get the child support. However, the parents are also often in need of assistance. To address this, three years ago the schools partnered with UnityPoint Health – Trinity Muscatine to create resource navigators. Now if kids have attendance issues due to lack of transportation, have medical or mental health needs, legal issues, are homeless, or need food or clothing, the school contacts the resource navigators. There are also more therapists in the schools so kids can see a therapist during school hours rather than relying on parents to arrange this care outside of school. These supports help keep kids from dropping out of school.

Christy Roby Williams is the Public Health Director at Trinity Muscatine Public Health. They have a new program that partners with resource navigators, called economic navigators. Their “fueling the future” program works to upskill adults in low-income households. They work with resource navigators to identify children that are receiving the food backpack program and are food insecure. The adults in their family are offered upskill training at Muscatine Community College and in six weeks can receive certifications in CNA, welding, or CNC (computer numeric control). The economic navigator helps them along the way with substance use, mental health, food insecurity, and health insurance. Once employed, the economic navigator will help with financial literacy, and childcare, and will work with them for six months to help ensure they sustain employment. A lot of community collaborations help make this program work.

Trinity Muscatine Public Health plans to partner with the UI College of Public Health to provide research on the economic navigator program to evaluate its effectiveness.

www.unitypoint.org/quadcities/muscatine-public-health.aspx

Diane Rohlman is a Professor of Occupational & Environmental Health at the University of Iowa College of Public Health, and Director of the UI Healthier Workforce Center of the Midwest which is a federally funded center focused on promoting health, safety and wellbeing of workers. They offer free online resources to help employers improve health, safety, and well-being in the workplace: www.HealthierWorkforceCenter.org.

- Certain industries have high rates of suicide – construction, farming, and veterinarians. Working on a suicide prevention campaign and reducing stigma with contractors.
- Working with small employers to look at workplace mental health policies to develop a model policy for workplaces that do not have a lot of resources and/or doesn't know where to start.
- Other resources at the UI College of Public Health:
 - The UI Great Plains Center for Agricultural Health – provides resources for farmers who are struggling – farmers don't usually ask for help and may not have easy access to get care. gpcah.public-health.uiowa.edu
 - Rural Telehealth Research Center – access to care with telehealth – what works and what doesn't. ruraltelehealth.org



Paul Gilbert is Assistant Professor in Community and Behavioral Health at the University of Iowa College of Public Health. His primary research area is in substance use, primarily alcohol use. He studies population patterns – where do we see excessive drinking, utilization of treatment or lack thereof, and how to address harms.

- To help reduce stigma, use person centered language like “person with substance use disorder” or “people working with recovery/struggling with substance use” instead of addicts or junkies.
- Knowledge alone will not motivate behavior change. There has to be something additional – a cue to action, or a change in environmental conditions or motivations.
- He recently completed a study to determine the effect of Iowa’s social host law on underage drinking. Conclusion: the state law had no effect on drinking. However, several Iowa counties have effective local social host ordinances that are working well due to these three factors (would likely apply to other substance use issues as well):
 - Law enforcement leadership (police chief/sheriff) is committed to prioritize issue.
 - City or county attorney is willing to prosecute violations.
 - Have a prevention coalition to get law enforcement and city/county attorneys on board, and increase community awareness of the ordinance and resources available.
 - Download full report: www.public-health.uiowa.edu/wp-content/uploads/2015/07/Gilbert-Underage-Drinking-Alcohol-Policy.pdf
- Free resource - The Centers for Disease Control and Prevention has a “Community guide - what works to prevent excessive alcohol consumption” available for download. It includes evidence based strategies to help change alcohol use in your community – along with things that they don’t recommend that might hinder change. It may need to be adapted for each community.
www.thecommunityguide.org/sites/default/files/assets/What-Works-Factsheet-Alcohol.pdf

SMALL GROUP DISCUSSIONS

Substance Use

Much of the discussion centered on best practices for working with clients who use multiple substances. Treatment providers can present clients with options, education, and help prioritize which substance to address first. For people who have co-occurring issues (both mental illness and substance use), both must be addressed at the same time for treatment to be successful.

The topic of how Iowa – and bordering towns like Muscatine – are preparing for the legalization of cannabis in neighboring Illinois was also discussed:

- The nation has seen drastic changes in cannabis use in the last 5 years. There is much more acceptance of its use by the public, and those attitudes influence behaviors.
- Marijuana is much more potent than it was just a few years ago. The public has many misperceptions about its risks.
- Vape pens containing THC are a huge concern.
- What happens when people can cross the state line to Illinois and legally consume marijuana? How will workplaces know when employees are under the influence? How do crime rates compare before and after cannabis legalization? Current research into cannabis is lagging behind.
- Colorado may offer a roadmap for other states regarding workplace testing and other issues. For example, Colorado emphasizes local control; there are counties that don’t allow cannabis. Iowa could follow a similar model.
- Iowa needs to be proactive and be prepared for when – not if – cannabis is legalized.

One result of the opioid crisis is that there is more education about how people develop addiction disorders and that addiction does not discriminate. It truly can happen to anyone because of the addictive nature of the substance. When you take the stigma away, more people will seek help.

Supports for substance use prevention and treatment are needed across the lifespan from youth to adulthood.



Mental Health

The discussion on mental health involved barriers to access help, some areas that are working well, and some areas that need more focus and resources.

Stigma surrounding mental illness prevents many people from seeking treatment. Even when free services are offered, many people still don't seek help due to lack of awareness of services, shame, and long waits. Access to medications can also be an issue.

There are a low number of mental health care providers in the Muscatine area, particularly for children. Having local resources rather than having to drive elsewhere for care is important. Telehealth is a good fit for mental health care and may be able to be more utilized. Telehealth increases access and also avoids the shame associated with being seen at a mental health care clinic.

There are few resources in Iowa that deal with people with co-occurring issues (both mental illness and substance use). Perhaps more state resources need to be allotted to stopping substance use that could lead to or worsen mental health issues.

The Crisis Line service in Muscatine started this past September and already has high usage. The line is available 24 hours a day/seven days a week and allows a point of access to services no matter the level of need.

Practicing good self-care (including for caregivers) is important so things don't escalate to more serious issues. Trinity Muscatine Public Health received a new grant to promote self-care to employees.

The Muscatine school system has resource navigators which have been a tremendous success. Having mental health counselors placed in schools is working well and the schools are committed to providing resources to hire additional counselors. They are seeing more kids with suicidal tendencies, depression, etc. Kids, however, seem to be more willing than adults to talk about their concerns and get help.

Schools are becoming a point of contact/care for both kids and parents. School nurses are working directly with pharmacies to provide medicines instead of going through parents where these medicines may be diverted or not given at all.

MUSCATINE COMMUNITY FORUM
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BUSINESS LEADERSHIP NETWORK STEERING COMMITTEE



Jill Baze – Centerville; Human Resources and Administration Manager for Iowa Aluminum Inc. in Albia



Maureen Elbert – Algona; Executive Director of Kossuth/Palo Alto County Economic Development Corporation



A. Eric Neu – Carroll; Attorney at Law for Neu, Minnich, Comito & Neu, P.C.



Tony Cannon – Oelwein; Firm Administrator at Ridihalgh, Fuelling, Snitker, Weber & Company



Mona Everson – Webster City; Founder and CEO of Life and Health



Rich Paulsen – Creston; Publisher for Creston News Advertiser & Southwest Iowa Advertiser



Tom Douglass – Mason City; Agent/Owner of Edwards-Brandt & Associates



Greg Fenton – Centerville; Former Mayor of Centerville; Realtor at Weber Real Estate



Diane Rohlman – Iowa City; Professor of Occupational & Environmental Health, UI College of Public Health



Gerald Edgar – Garner; Director of Hancock County Veterans Affairs and Iowa Director of Employer Outreach at ESGR

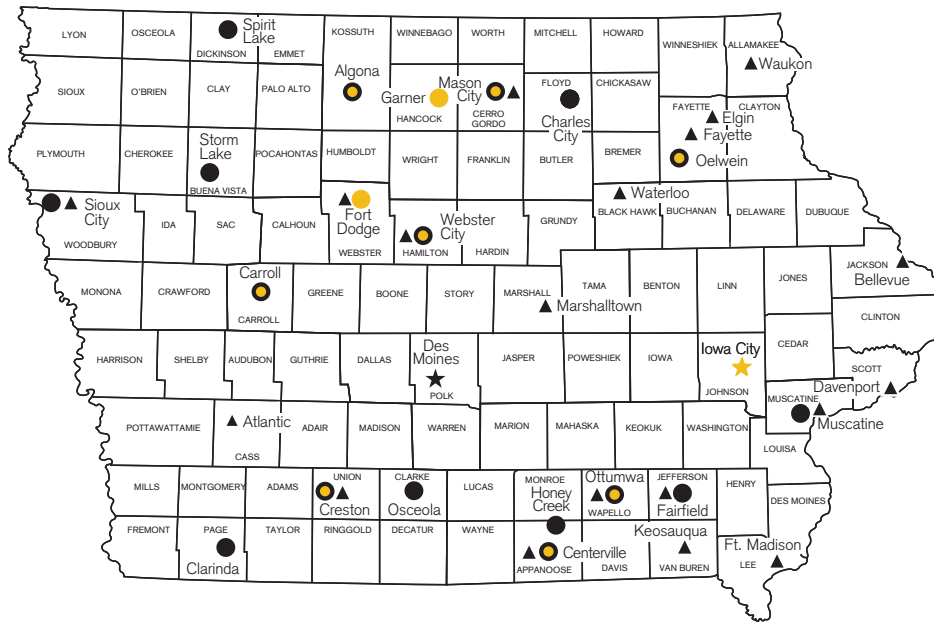


Claudia Gates – Ottumwa; Manager of the Pickwick Branch at US Bank



Don Woodruff – Fort Dodge; President of Woodruff Construction

BUSINESS LEADERSHIP NETWORK AREAS OF FOCUS



● Steering Committee Member ● Forum Location ● Steering Committee Member and Forum Location ▲ Community Grant Locations



Business Leadership Network



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